

Functional Analytic Psychotherapy Made Simple A Practical Guide To Therapeutic Relationships The New Harbinger Made Simple Series

Acceptance and commitment therapy (ACT) is proven effective in the treatment of an array of disorders, including addiction, depression, anxiety, self-harm, eating disorders, and more. Evidence shows that mindfulness and acceptance exercises help clients connect with the moment, uncover their true values, and commit to positive change. But did you know that compassion focused exercises can also greatly increase clients’ psychological flexibility? More and more, therapists are finding that the act of compassion—both towards oneself and towards others—can lead to greater emotional and physical well-being, increased distress tolerance, and a broader range of effective responses to stressful situations. One of the best advantages of compassion focused methods is how easily they can be integrated into an ACT approach. An important addition to any ACT professional’s library, The ACT Practitioner’s Guide to the Science of Compassion explores the emotionally healing benefits of compassion focused practices when applied to traditional acceptance and commitment therapy (ACT). This book offers case conceptualization, assessments, and direct clinical applications that integrate ACT, functional analytic psychotherapy, and compassion focused therapy to enhance your clinical practice. This is the first book on the market to provide an in-depth discussion of compassion in the context of ACT and other behavioral sciences. The integrative treatment model in this book provides powerful transdiagnostic tools and processes that will essentially build bridges across therapies. If you are ready for a new, easily integrated range of techniques that can be used for a variety of treatment applications, this guide will prove highly useful. And if you are looking to build on your previous experience with cognitive and behavioral therapies, this book will help to enhance your treatment sessions with clients and increase their psychological flexibility.

This book presents the main theoretical and practical tools provided by behavior analysis to diagnose and treat substance use disorders. Based on the theoretical framework of radical behaviorism, first developed by B.F. Skinner, behavior analysis offers a distinctive biopsychosocial approach to substance use disorders by considering both the biogenetic and environmental influences on behaviors associated with substance use, enabling the development of more integrative and effective diagnostic, prevention, and treatment strategies at the individual and collective level. The volume is divided in three parts. Part one presents an introduction to core concepts in behavior analysis and related disciplines, such as behavioral pharmacology, and their specific applications in substance use disorders diagnostics and treatment. Part two shows how different types of behavioral-analytical clinical and social interventions can be applied in practice to treat substance use disorders, such as: Contingency Management Exposure Therapy Functional Analytical Psychotherapy (FAP) Dialectical Behavioral Therapy (DBT) Acceptance and Commitment Therapy (ACT) Therapy by Contingencies of Reinforcement (TCR) Motivational Interviewing Finally, part three covers special topics, such as the interfaces between neurosciences and behavior analysis on drug use and dependence, effects of substance use in romantic relationships and their relationship with violence against women. Behavior Analysis and Substance Dependence will be a valuable tool for clinical and health psychologists, as well as other health professionals and social workers dealing with substance use disorders, by presenting, in one single volume, an overview of the tools offered by behavior analysis to deal with this serious health issue.

This state-of-the-art book presents research-based practice guidelines that clinicians of any orientation can use to optimize the therapeutic alliance. Leading proponents of the major psychotherapeutic approaches explain just what a good alliance is, how to create it, and how to recognize and repair alliance ruptures. Applications in individual, group, couple, and family therapy are explored; case examples vividly illustrate the concepts and techniques. Links between the quality of the alliance and client outcomes are elucidated. A section on training fills a major gap in the field, reviewing proven strategies for helping therapists to develop key relationship-building skills.

Animal learning and human learning traditions have been distinguishable within psychology since the start of the discipline and are to this day. The human learning wing was interested in the development of psychological functions in human organisms and proceeded directly to their examination. The animal learning wing was not distinguished by a corresponding interest in animal behavior per se. Rather, the animal learners studied animal behavior in order to identify principles of behavior of relevance to humans as well as other organisms. The two traditions, in other words, did not differ so much on goals as on strategies. It is not by accident that so many techniques of modem applied psychol ogy have emerged from the animal laboratory. That was one of the ultimate purposes of this work from the very beginning. The envisioned extension to humans was not just technological, however. Many animal researchers, B. F. Skinner most prominently among them, recognized that direct basic research with humans might ultimately be needed in certain areas but that it was wise first to build a strong foundation in the controlled environment of the animal laboratory. In a sense, animal learning was always in part a human research program in development.

Eliminating Race-Based Mental Health Disparities offers concrete guidelines and evidence-based best practices for addressing racial inequities and biases in clinical care. Perhaps there is no subject more challenging than the intricacies of race and racism in American culture. More and more, it has become clear that simply teaching facts about cultural differences between racial and ethnic groups is not adequate to achieve cultural competence in clinical care. One must also consider less “visible” constructs—including implicit bias, stereotypes, white privilege, intersectionality, and microaggressions—as potent drivers of behaviors and attitudes. In this edited volume, three leading experts in race, mental health, and contextual behavior science explore the urgent problem of racial inequities and biases, which often prevent people of color from seeking mental health services—leading to poor outcomes if and when they do receive treatment. In this much-needed resource, you’ll find evidence-based recommendations for addressing problems at multiple levels, and best practices for compassionately and effectively helping clients across a range of cultural groups and settings. As more and more people gain access to services that have historically been unavailable to them, guidelines for cultural competence in clinical care are needed. Eliminating Race-Based Mental Health Disparities offers a comprehensive road map to help you address racial health disparities and improve treatment outcomes in your practice.

A Practitioner’s Guide

Expanding the Cognitive-Behavioral Tradition

An Integrative Approach to Personality Disorders, Emotional Dysregulation, and Interpersonal Functioning

Eliminating Race-Based Mental Health Disparities

A Connectionist Perspective on Development

Functional Analytic Psychotherapy Made Simple

A Guide to Functional Analytic Psychotherapy

Since the earliest years of its development, Functional Analytic Psychotherapy (FAP) has been hailed for its clinical innovation and transformative power with clients across the range of disorders. Building on the foundations of their earlier volumes about this versatile therapy, the editors of The Practice of Functional Analytic Psychotherapy bring together noted clinicians and researchers to explain in depth how FAP can be used in conjunction with a broad spectrum of therapeutic approaches, and with diverse client populations. The hallmarks of the method, including therapist sensitivity and responding to client behavior in the moment, courage, mindfulness, acceptance, and egalitarianism, inform a wide array of interventions and strategies, among them: Integrating FAP with other treatments, including cognitive behavioral therapy, acceptance and commitment therapy, dialectical behavior therapy, behavioral activation, psychodynamic therapies, and feminist therapies. Applying FAP across cultures, nationalities, and ethnicities. Employing FAP with couples. Increasing sensitivity to and effectiveness with sexual minority clients. Modifying FAP for developmentally appropriate use with adolescents. Enhancing a team approach with severely mentally ill patients in institutional settings. Strengthening the power of interpersonal process groups. As a new tool or an enhancement to current practice, these applications of FAP will give therapists an empowering complement to their work. The Practice of Functional Analytic Psychotherapy points to compelling directions in personal growth and change—on both sides of the therapeutic bond.

A collection of articles by B. F. Skinner

In the past decade, an increasing number of scholars and practitioners have contributed to the developing field of clinical behavior analysis. These writers have drawn upon long-standing behavior analytic principles and recent advances in verbal behavior research to explain the development of a variety of clinical disorders, advocate alternative approaches to clinical assessment and classification, develop new therapeutic interventions, and suggest new treatment goals. The field has grown enormously and it is fair to say that clinical behavior analysis has made some unique contributions to the fields of psychopathology, clinical assessment, and psychotherapy. The purpose of Clinical Behavior Analysis is to bring together in a single place a sampling of the work that constitutes the growing field of clinical behavior analysis.

Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you’ re looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It’ s also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you’ ll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome “therapy roadblocks.” This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

Tiny changes to transform your life We’ ve all set out to change our lives with big plans, bold ideas, and brilliant ambitions. And too often those resolutions and plans have lasted for a day or two before real life swoops in and we are back to normal. Or, perhaps even more frequently, we find ourselves so overwhelmed with life that we feel utterly powerless to even attempt to change anything. The Power of Small offers a way forward. Instead of pushing for large, dramatic changes, Aisling and Trish Leonard-Curtin help readers make small, manageable changes in their lives. Everyday decisions pile up to create transformation. Instead of being daunted by your goals and dreams or paralyzed by the business of life, The Power of Small will help you take the practical, approachable steps that will change your life, even if you feel completely stuck or defeated. As practicing psychologists, Aisling and Trish know first-hand the power of the techniques outlined in The Power of Small and have based their writing on numerous case studies and the latest psychological research. Emphasizing self-compassion and real, actionable steps, The Power of Small will empower you to make big changes in your life—one small step at a time.

The Wiley International Handbook of Correctional Psychology

Shame in the Therapy Hour

A Practical Guide to Treatment

CFT Made Simple

A Step-by-Step Guide to Dialectical Behavior Therapy

Contextual Behavior Therapy for Sexual and Gender Minority Clients

Contextual Schema Therapy

Now in paperback, this classic book offers a powerful framework for clinicians seeking to rethink their approach to the therapeutic relationship. It begins with the theory behind Functional Analytic Psychotherapy (FAP), explaining why clients’ unique needs may extend beyond well-mapped routes to change. From there, the authors present the clinical principles of FAP and their uses in treating diffuse, resistant problems.

Behavioral activation theory indicates that much clinically relevant human behavior is a function of positive reinforcement, and that when positive reinforcement is reduced, lost, or chronically low depression results. Behavioral activation encourages clients to obtain and nurture the skills that allow them to establish and maintain contact with diverse, stable sources of positive reinforcement. This creates a life of meaning, value and purpose. Behavioral Activation: Distinctive Features clarifies the fundamental theoretical and practical features of behavioral activation, integrating various techniques into a unified whole that is efficient and effective. The book includes numerous case examples and transcribed segments from therapy sessions and outlines behavioral concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach. This book will provide essential guidance for students and new therapists, as well as more experienced clinicians wanting to know more about what makes behavioral activation a distinct form of cognitive behavior therapy.

Excessive shame can be associated with poor psychological adjustment, interpersonal difficulties, and overall poor life functioning. Consequently, shame is prevalent among individuals undergoing psychotherapy. Yet, there is limited guidance for clinicians trying to help their clients deal with shame-related concerns. This book explores the manifestations of shame and presents several approaches for treatment. It brings together the insights of master clinicians from different theoretical and practice orientations, such as psychodynamics, object relations, emotion-focused therapy, functional analysis, group therapy, family therapy, and couples therapy. The chapters address all aspects of shame, including how it develops, how it relates to psychological difficulties, how to recognize it, and how to help clients resolve it. Strategies for dealing with therapist shame are also provided, since therapist shame can be triggered during sessions and can complicate the therapeutic alliance. With rich, detailed case studies in almost every chapter, this book will be a practical resource for clinicians working with a broad range of populations and clinical problems.

This volume examines the role of mindfulness principles and practices in a range of well-established cognitive and behavioral treatment approaches. Leading scientist-practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy. In every chapter, the authors describe their clinical methods and goals, articulate their theoretical models, and examine similarities to and differences from other approaches both inside and outside behavior therapy.

Functional Analytic Psychotherapy Made SimpleA Practical Guide to Therapeutic Relationships

A Flexible Treatment Plan for Clients with Emotion Dysregulation

Acceptance and Commitment Therapy for Borderline Personality Disorder

Tools for Fostering Psychological Flexibility

The Use of Self in Therapy

Functional Analytic Psychotherapy

Creating Intense and Curative Therapeutic Relationships

DBT Made Simple

Motivate your BPD clients with values-based treatment! This 16-week ACT protocol will help you get started today. As you know, clients with borderline personality disorder (BPD) and emotion dysregulation often struggle with negative beliefs about themselves—beliefs that can lead to feelings of shame, problems with personal relationships and dangerous behaviors. And while dialectical behavior therapy (DBT) is the standard treatment for BPD, more and more, acceptance and commitment therapy (ACT) has shown promising results when treating BPD clients by helping them focus on their core values and forgiveness. Acceptance and Commitment Therapy for Borderline Personality Disorder provides a comprehensive program for delivering ACT to clients with BPD. Using the session-by-session, 16-week protocol in this professional guide, you can help clients work through the main driver behind BPD—experiential avoidance—and gain the psychological flexibility needed to balance their emotions and begin healing. You can use this protocol on its own, or in conjunction with treatment. With this guide, you’ll learn to target the fundamental causes of BPD for better treatment outcomes and happier, healthier clients.

For the first time ever, CFT Made Simple offers easy-to-apply tools to help clients develop self-compassion, learn mindfulness skills, and balance difficult emotions for greater treatment outcomes. Created by world-renowned psychologist Paul Gilbert, compassion-focused therapy (CFT) is extremely effective in helping clients work through painful feelings of shame and self-criticism. However, the theoretical aspects of this therapy—such as evolutionary psychology, attachment theory, and affective neuroscience—can make CFT difficult to grasp. This book provides everything you need to start implementing CFT in practice, either as a primary therapy modality or as an adjunct approach to other therapies, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and more. CFT has unique strengths, and is especially effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability to handle life’s challenges and difficulties. This book articulates the theoretical basis of the therapy in simple, easy-to-follow language, and offers practical guidance and strategies on how to tailor your CFT approach to specific client populations. As a clinician interested in the benefits of CFT but wary of the dense theoretical principles that lay behind it, you need a user-friendly guide that will let you hit the ground running. CFT Made Simple is that guide.

In CBT Made Simple, two psychologists and experts in cognitive behavioral therapy (CBT) offer the ultimate “how-to” manual based on the principles of effective adult learning. Structured around these evidence-based principles, this user-friendly guide will help you learn CBT and deliver it to your clients in the most optimal way. CBT is a popular and proven-effective treatment for several mental health disorders, including anxiety, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and anger problems. However, there are no evidence-based learning techniques to teach it—until now. This simple, pragmatic guide offers everything you need to know about CBT: what it is, how it works, and how to implement it in session. CBT Made Simple provides a user-friendly, practical approach to learning CBT using up-to-the-minute teaching methods and learning tools—in particular, the “effective adult learning model,” which promotes interactive learning, experiential learning, and self-reflection. Each chapter presents key elements of CBT in clear, accessible language, and includes client dialogues—including explanations of the therapist’s thinking process in relation to various interventions—and clinical examples. Practical exercises are incorporated throughout, enabling you to practice and consolidate your learning. In addition, each chapter mimics the structure of an actual CBT session. If you are a clinician or student interested in learning more about CBT, this book—a new addition to the New Harbinger Made Simple series that includes ACT Made Simple and DBT Made Simple—has everything you need to hit the ground running. Why not make it a part your professional library?

This compelling book provides psychotherapists with evidence-based strategies for harnessing the power of language to free clients from life-constricting patterns and promote psychological flourishing. Grounded in relational frame theory (RFT), the volume shares innovative ways to enhance assessment and intervention using specific kinds of clinical conversations. Techniques are demonstrated for activating and shaping behavior change, building a flexible sense of self, fostering meaning and motivation, creating powerful experiential metaphors, and strengthening the therapeutic relationship. User-friendly features include more than 80 clinical vignettes with commentary by the authors, plus a “Quick Guide to Using RFT in Psychotherapy” filled with sample phrases and questions to ask.

As a primary care provider, you are on the front lines of medical treatment. Oftentimes, you’re the first medical professional patients come to when they experience problems with their health. While some of these problems can be resolved by traditional medical treatment, many others are driven by underlying psychological issues and

unhealthy lifestyle choices that you may feel powerless to affect. Between repeat patient visits and the frustrating progression of preventable symptoms and conditions, it's no wonder so many medical and behavioral health providers feel burned out and at a loss for effective solutions. This guide was designed to help you find those solutions and recapture the ability to effectively help patients achieve optimal health and happiness. Real Behavior Change in Primary Care offers ten-minute interventions that provide your patients with the tools they need to change unworkable and unhealthy behaviors. Each short yet powerful intervention utilizes empirically supported skills from acceptance and commitment therapy (ACT), a form of cognitive behavioral therapy, to help you empower patients to take charge of the psychological blocks that keep them from resolving their health problems. You'll also apply ACT skills to your own life and learn to better manage stress, recover from burnout, and rediscover the meaning behind your work as a health care provider. Help patients suffering with: Chronic disease Alcohol and substance abuse Chronic pain Anxiety and depression Trauma and abuse Improving Patient Outcomes and Increasing Job Satisfaction Awareness, Courage, Love, and Behaviorism Theory, Research and Intervention The Power of Small

ACT Made Simple
Rethinking Innateness

Originally developed for the treatment of borderline personality disorder, dialectical behavior therapy, or DBT, has rapidly become one of the most popular and most effective treatments for all mental health conditions rooted in out-of-control emotions. However, there are limited resources for psychologists seeking to use DBT skills with individual clients. In the tradition of ACT Made Simple, DBT Made Simple provides clinicians with everything they need to know to start using DBT in the therapy room. The first part of this book briefly covers the theory and research behind DBT and explains how DBT differs from traditional cognitive behavioral therapy approaches. The second part focuses on strategies professionals can use in individual client sessions, while the third section teaches the four skills modules that form the backbone of DBT: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The book includes handouts, case examples, and example therapist-client dialogue—everything clinicians need to equip their clients with these effective and life-changing skills. As more clinicians train in mindfulness and acceptance-based therapies, the demand for skills specifically for treating diverse clients grows. In this much-needed edited volume, you'll find evidence-based strategies for treating gender and sexual minorities with acceptance and compassion for better treatment outcomes. Gender and sexual minorities face unique concerns and, according to research, are actually more likely to want and seek therapeutic help due to greater levels of psychological distress. But research also shows that many psychologists and therapists do not feel adequately educated or efficacious discussing topics related to sexuality and gender in clinical practice. This book will address this significant gap with evidence-based and best-practice interventions and applications. Mindfulness and Acceptance for Gender and Sexual Minorities offers a number of practical strategies within a contextual behavioral science framework, including mindfulness and acceptance-based interventions, compassion-focused therapy (CFT), acceptance and commitment therapy (ACT), relational frame theory (RFT), and more. With chapters on stigma, shame, relationships, and parenting, this book will be a valuable resource for all therapists. If you're a clinician, you understand the ongoing need for cutting-edge, effective approaches for treating a variety of clients. With this guide, you'll learn about the unique application of contextual behavioral approaches as they relate specifically to the experiences of gender and sexual minorities, and feel better equipped to help all of your clients work toward happiness and health.

A combination of social and economic factors have led to the current surge of interest in brief psychotherapy. But how do the time limitations affect the central relationship between therapist and client? How do therapist and client determine the focus of their work together? How does the therapist deal with ruptures in the working alliance and the pressure of termination issues?

Addressing the art and science of psychodynamic treatment, Nancy McWilliams distills the essential principles of clinical practice, including effective listening and talking; transference and countertransference; emotional safety; and an empathic, attuned attitude toward the patient. The book describes the values, assumptions, and clinical and research findings that guide the psychoanalytic enterprise, and shows how to integrate elements of other theoretical perspectives. It discusses the phases of treatment and covers such neglected topics as educating the client about the therapeutic process, handling complex challenges to boundaries, and attending to self-care. Presenting complex information in personal, nontechnical language enriched by in-depth clinical vignettes, this is an essential psychoanalytic work and training text for therapists.

From the mid-1960s until his death in 1989, Willard Day wrote and spoke on two central themes: the distinctive characteristics of Skinner's scientific philosophy, and the implications of Skinner's work for the development of scientific methods relevant to verbal behavior. Only some of this work made its way to publication. Edited by Sam Leigland, this book brings together in one place the most important papers, published and unpublished, of the leader in behavioral philosophy.

Process-Based CBT
Mindfulness and Acceptance for Gender and Sexual Minorities
Real Behavior Change in Primary Care
Willard Day on Psychology and Philosophy
An Evidence-Based Guide to Practice
Mastering the Clinical Conversation
A Clinician's Guide to Practicing Compassion-Focused Therapy

The ACT Matrix revolutionized contextual behavioral science. Now, the creators of this pioneering new model present the first detailed, step-by-step guide to help professionals implement the ACT Matrix in clinical practice and improve clients' psychological flexibility. If you're a clinician, you know that acceptance and commitment therapy (ACT) is extremely helpful in helping clients who are "stuck" in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Enter the ACT Matrix, a seamless fusion of the six core processes of the ACT hexaflex—cognitive defusion, acceptance, contact with the present moment, the self, values, and committed action—into a simplified, easy-to-apply approach. From the editors of The ACT Matrix, The Essential Guide to the ACT Matrix offers professionals a comprehensive guide to using the innovative Matrix model in-session. With this book, you'll learn how to help your clients break free from painful psychological traps and live more meaningful lives. You'll also learn how client actions and behavior should be viewed as workable or unworkable, rather than good or bad. Most importantly, you'll discover how this unique approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This book is essential for any clinician looking to simplify their therapeutic approach in client sessions.

How therapists relate to their clients can have a profound impact on treatment outcomes." Functional Analytic Psychotherapy Made Simple" is the first professional resource to offer a practical treatment approach focused on interpersonal relationships. Written by the founders of this evidence-based modality, the book integrates the latest research on the therapist-client relationship with the new science of social connection into a user-friendly, contextual behavioral framework.

How can I supercharge the therapy I currently use? This volume distills the core principles, methods, and vision of the approach. Each Functional Analytic Psychotherapy (FAP) principle is presented in terms of its intended purpose and is clearly linked to the underlying theory, thus providing clinicians with a straightforward guide for when and how to apply a specific technique. FAP embraces awareness, courage, and love as integral to the treatment process. Part I of this volume reviews the history of FAP and the basic behavioral principles on which it is based. Part II provides an easy to use step-by-step guide to the application of FAP techniques. FAP is an approach undergoing a renaissance, and this volume uniquely summarizes the full history, theory, and techniques of FAP, resulting in a handbook perfect for clinicians and graduate students with or without a behavioural background.

Rethinking Innateness asks the question, "What does it really mean to say that a behavior is innate?" The authors describe a new framework in which interactions, occurring at all levels, give rise to emergent forms and behaviors. These outcomes often may be highly constrained and universal, yet are not themselves directly contained in the genes in any domain-specific way. One of the key contributions of Rethinking Innateness is a taxonomy of ways in which a behavior can be innate. These include constraints at the level of representation, architecture, and timing; typically, behaviors arise through the interaction of constraints at several of these levels.The ideas are explored through dynamic models inspired by a marriage of connectionism," a marriage of connectionist models and developmental neurobiology, forming a new theoretical framework for the study of behavioral development. While relying heavily on the conceptual and computational tools provided by connectionism, Rethinking Innateness also identifies ways in which these tools need to be enriched by attention to biology.

Relationships take work. In this much-anticipated book, best-selling author Matthew McKay and psychologist Avigail Lev present the ten most common relationship schemas, and provide an evidence-based acceptance and commitment therapy (ACT) treatment protocol for professionals to help clients overcome the barriers that hold them back in their relationships. Romantic relationships are a huge challenge for many of us, as evidenced by our high divorce rates. But what is it that causes so much pain and discord in many relationships? In Acceptance and Commitment Therapy for Couples, Matthew McKay and Avigail Lev provide the first ACT-based treatment protocol for couples that identifies the ten most common relationship schemas—and the coping behaviors they drive—to help you guide clients through their pain and toward solutions that reflect the needs and values of the couple. Rather than working to stop relationship schemas from being triggered or to reduce schema pain, you'll be able to help your clients observe and name what triggers their rigid coping behaviors when their schemas are activated. And by learning new skills when they're triggered, your clients will be able to replace avoidant and coping behaviors with values-based action for the betterment of the relationship. By making your clients' avoidant behavior the target of treatment—as opposed to their thoughts and beliefs—this skills-based guide provides you with the need to help your clients change how they respond to their partner.

A Professional's Guide to Using the Science of Language in Psychotherapy

Clinical Behavior Analysis
Rule-Governed Behavior
A Practical Guide to Therapeutic Relationships
Mindfulness and Acceptance
The ACT Matrix
The Therapeutic Alliance

With the ongoing pressures for psychologists to practice evidence-based care, and the requirement insurance carriers have both for treatment goals, measurement of outcomes, and a focus on brief therapy, functional analysis provides a framework for achieving all of the above. Having proven itself in treating behavioral problems in education, functional analysis is now being applied more broadly to behavioral and psychological disorders. In his 1996 book (Functional Analysis in Clinical Psychology, Wiley UK), Sturmey applied the functional behavioral approach to case formulation across a wide range of psychological disorders and behaviors. Since the publication of his book, no other volume has taken an explicit behavioral approach to case formulation. The changes that have occurred over the last 10 years in behavioral case formulation have been significant and substantial. They include (a) a large expansion of the range of problems addressed, such as ADHD, (b) a range of new verbal behavior therapies such as Acceptance and Commitment Therapies, (c) increased area of activity in the area of autism spectrum disorders; (d) many publications in how to train professionals, staff and parents in behavioral technology, and (e) new assessment instruments and procedures. Makes theories of functional analysis accessible to a wide range of mental health professionals Reviews behavioral assessment methods and strategies for case formulation Offers readers a practical, organized, data-based means of understanding psychiatric conditions for intervening effectively and measuring positive change

Cowritten with the founders of functional analytic psychotherapy, Functional Analytic Psychotherapy Made Simple offers a practical, behavioral treatment approach focused on client interpersonal relationships and the therapeutic relationship. Functional analytic psychotherapy (FAP) is a research-based treatment for mental health disorders and has been shown to enhance the quality of interpersonal relationships. If you're a therapist, how you relate to your clients can have a profound impact on treatment outcomes. This book integrates the latest research on the importance of the therapist-client relationship with the new science of social connection into a user-friendly, flexible clinical framework. In this book, you'll find an introduction to the conceptual foundations and clinical practice of FAP, with an emphasis on practical clinical scenarios and personal reflection. You'll learn the theoretical basis of FAP in contextual behavioral science and how to apply functional analysis—the core assessment method of behavior therapy—to the therapeutic relationship. You'll learn to understand the therapeutic relationship and social connection in terms of the Awareness, Courage, and Love model. You'll also learn how to balance authenticity and compassion with strategy and case conceptualization to make your therapeutic relationships more compassionate, flexible, and effective. And finally, you'll discover how to apply principles to effectively cope with challenging moments in the therapeutic relationships—such as how to address ineffective behavior happening in the therapy interaction from the first moment of therapy, what to do when therapy does not seem to be progressing, and how to end therapy well. No matter your treatment background, this book will provide invaluable strategies for adopting functional analytic psychotherapy in your practice, enhancing relationships with your clients, and improving overall treatment outcomes.

A vital tool for clinicians to help identify and manage therapy-interfering behavior using a dialectical behavior therapy framework.

If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are "stuck" in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, The ACT Matrix fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you'll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

"Approachable and user-friendly." —The Professional Counselor The use of metaphor is central to the implementation of acceptance and commitment therapy (ACT) and dialectical behavior therapy (DBT), and is a powerful tool for all practicing psychotherapists. In Metaphor in Practice, psychotherapist Niklas Törneke presents the first practical book to combine the behavioral and linguistic sciences of metaphor, and illustrates how and when to apply metaphors in practice for better treatment outcomes. The use of metaphors and experiential exercises can help clients gain a deeper understanding of the problems that cause their disorders. Metaphors help clients connect with their values, and often spark the inspiration and motivation needed to make a commitment to change. And while metaphor is central to relational frame theory (RFT), acceptance and commitment therapy (ACT), and dialectical behavior therapy (DBT), research now shows its usefulness has an even broader reach. In this book, you'll find a scientific analysis of metaphor based on over thirty years of research, as well as trends in research over the last ten years. The book includes an overview of RFT, how metaphor has influenced the community of behavior analysis, as well as available clinical research on metaphor use. You'll also discover how to create metaphors for functional analysis, distance of observation, and things that matter to your client. Most importantly, you'll find practical examples of metaphors and clinical exercises you can use in-session. There are many books on metaphor and psychotherapy, but this is the first book to make the connection between the science of metaphor and the detailed clinical process of using that knowledge. If you are a mental health professional—or simply interested in the science of metaphor—this book will provide everything you need to understand and apply this approach.

A New Approach to Building Psychological Flexibility Across Settings and Populations

Behavioral Activation Strategies from Dialectical Behavior Therapy Metaphor in Practice Making Tiny Changes When Everything Feels Too Much Psychoanalytic Psychotherapy Radical Behaviorism

Combining theory, research, and case studies, this book shows clinicians how to apply transdiagnostic contextual behavioral approaches when working with sexual and gender minority (SGM) clients. The text first examines minority stress theory through the lens of contextual behavior analysis. Subsequent chapters illustrate the application of therapeutic techniques drawn from acceptance and commitment therapy, functional analytic psychotherapy, and compassion-focused therapy. The book concludes with a close look at special areas of consideration, including pre-surgical evaluation, the impact of HIV on SGM communities, ethical considerations, and future directions in therapy with SGM clients. Every chapter provides a series of diverse vignettes that illustrate how each aspect of treatment might build upon the last along with a list of recommended books for further exploration of that topic. This book offers a unique, integrated approach that can be used for case conceptualization and followed as a treatment manual for professionals or graduate students with a foundation in SGM psychology.

Edited by Steven C. Hayes and Stefan G. Hofmann, and based on the new training standards developed by the Inter-Organizational Task Force on Cognitive and Behavioral Psychology Doctoral Education, this groundbreaking textbook presents the core competencies of cognitive behavioral therapy (CBT) in an innovative, practically applicable way, with contributions from some of the luminaries in the field of behavioral science. CBT is one of the most proven-effective and widely used forms of psychotherapy today. But while there are plenty of books that provide an overview of CBT, this is the first to present the newest recommendations set forth by a special task force of the Association for Behavioral and Cognitive Therapies—and that focuses on the application of these interventions based on a variety of approaches for doctoral-level education and training. Starting with an exploration of the science and theoretical foundations of CBT, then moving into a thorough presentation of the clinical processes, this book constitutes an accessible, comprehensive guide to grasping and using even the most difficult competencies. Each chapter of Process-Based CBT is written by a leading authority in that field, and their combined expertise presents the best of behavior therapy and analysis, cognitive therapy, and the acceptance and mindfulness therapies. Most importantly, in addition to gaining an up-to-date understanding of the core processes, with this premiere text you'll learn exactly how to put them into practice for maximum efficacy. For practitioners, researchers,

students, instructors, and other professionals working with CBT, this breakthrough textbook—poised to set the standard in coursework and training—provides the guidance you need to fully comprehend and utilize the core competencies of CBT in a way that honors the behavioral, cognitive, and acceptance and mindfulness wings of the tradition.

"The Use of Self in Therapy, Third Edition challenges the well-known concepts of transference and countertransference by positing that the presence of the therapist introduces a potential healing element that is usually not sufficiently appreciated, understood, or utilized. For psychologists, social workers, counselors, and students, this new edition features updated chapters and new chapters that discuss the use of multiculturalism in practice and the differential use of self by therapists following personal trauma. In the years since the previous edition, the rapid development of the Internet has brought with it changes that impact on therapy and the self of the therapist"—

A two-volume handbook that explores the theories and practice of correctional psychology With contributions from an international panel of experts in the field, The Wiley International Handbook of Correctional Psychology offers a comprehensive and up-to-date review of the most relevant topics concerning the practice of psychology in correctional systems. The contributors explore the theoretical, professional and practical issues that are pertinent to correctional psychologists and other professionals in relevant fields. The Handbook explores the foundations of correctional psychology and contains information on the history of the profession, the roles of psychology in a correctional setting and examines the implementation and evaluation of various interventions. It also covers a range of topics including psychological assessment in prisons, specific treatments and modalities as well as community interventions. This important handbook: Offers the most comprehensive coverage on the topic of correctional psychology Contains contributions from leading experts from New Zealand, Australia, Europe, and North America Includes information on interventions and assessments in both community and imprisonment settings Presents chapters that explore contemporary issues and recent developments in the field Written for correctional psychologists, academics and students in correctional psychology and members of allied professional disciplines, The Wiley International Handbook of Correctional Psychology provides in-depth coverage of the most important elements of the field.

For more than two decades, Functional Analytic Psychotherapy has brought new meaning – and new meaningfulness – to client/therapist relationships. And clients with disorders as varied as depression, PTSD, and fibromyalgia have benefited from its nuanced, curative power. In A Guide to Functional Analytic Psychotherapy, originators Robert Kohlenberg and Mavis Tsai join with other FAP practitioners to present a clinical framework, addressing points of convergence and divergence with other behavior therapies. Tracing FAP's emerging evidence base, it takes readers through the deep complexities and possibilities of the therapeutic bond. And the attention to mindfulness and the self makes maximum clinical use of the uniqueness of every client – and every therapist.

Language as Intervention

The ACT Practitioner's Guide to the Science of Compassion

Distinctive Features

Behavior Analysis and Substance Dependence

Promoting Equity and Culturally Responsive Care across Settings

Acceptance and Commitment Therapy for Couples

A Clinician's Guide to Fostering Compassion, Connection, and Equality Using Contextual Strategies

In this groundbreaking book, three internationally recognized psychologists present a step-by-step guide outlining the most up-to-date innovations in schema therapy (ST). This important book offers a clear and practical road map for putting the schema mode model into practice, improving clients' interpersonal functioning, and integrates the latest advances in integrative treatment model that combines aspects of cognitive, behavioral, and psychodynamic therapies. It has proven highly effective in treating a number of mental health issues, including difficult-to-treat personality disorders. ST's main premise is that mental health issues arise as a result of unmet emotional needs in childhood, leading to the development of schema modes. more, ST has shifted away from EMS to focus on schema content—that is, changing the way clients relate to their experiences and to others. This book incorporates the latest findings in contextual behavioral science with a focus on clients' coping styles—or schema modes—and improving interpersonal functioning. The book includes exercises from compassion-focused therapy (CFT), acceptance and commitment therapy (ACT), and even functional analytic psychotherapy (FAP) to help your clients become more aware of their own unhealthy coping patterns and behaviors. You'll also discover a range of emotion-focused and experiential techniques to use in therapy with your client.

The Essential Guide to the ACT Matrix

Cognition, Contingencies, and Instructional Control

The Therapeutic Alliance in Brief Psychotherapy

A Step-by-Step Approach to Using the ACT Matrix Model in Clinical Practice

A Clinician's Guide to Practicing Cognitive Behavioral Therapy

The Science and Core Clinical Competencies of Cognitive Behavioral Therapy

Recent Issues in the Analysis of Behavior